

# EVENT CALENDAR

MAY

07

Tue  
5:30pm  
to  
6:30pm

## Bone Builders and Bone Breakers

*by Brooke Beier* Sponsored By: Natural Grocers

Unfortunately, simply drinking milk is not enough to keep bones healthy. Perhaps that's why 10 million Americans have osteoporosis. Bones are living tissue that respond to bone building care throughout life. Support lifelong bone health by knowing how to get all the nutrients your bones need.

MAY

21

Tue  
5:30pm  
to  
6:30pm

## Inflammation 101

*by Brooke Beier* Sponsored By: Natural Grocers

Discover the good, the bad, and the ugly sides of inflammation. Although chronic inflammation may go unnoticed, there are diet, lifestyle, and environmental choices you can make in your everyday life that have the power to tame your internal flame and support a balanced inflammatory response. Learn how to calm the fire within.

JUN

04

Tue  
5:30pm  
to  
6:30pm

## Natural Hacks for Memory Support

*by Brooke Beier* Sponsored By: Natural Grocers

While age-related cognitive decline might seem inevitable, it doesn't have to be! The formula for supporting our brain and our memory is simple. Discover how good nutrition and healthy habits can support our memory throughout our lifespan.

JUN

18

Tue  
5:30pm  
to  
6:30pm

## Digestive Health 101

*by Brooke Beier* Sponsored By: Natural Grocers

Today, 70% of Americans experience digestive related symptoms or diseases. This is a startling statistic as an unhealthy gut has been linked to worsening overall health, including increased risk for chronic diseases such as diabetes, obesity, autism, depression and anxiety. Join this class to learn the ins and outs of supporting digestive health and digestive comfort, and how this could be the key to making a difference in your overall health and well-being.



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## **NUTRIENT TO KNOW ABOUT: QUERCETIN**

# **THE RESPIRATORY ROCKSTAR\*\***

**By supporting immune competence, quercetin promotes respiratory comfort and health during a change in seasons and year-round.\*\***

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\*\* These statements have not been evaluated by the FDA. These statements are not intended to diagnose, treat or prevent any disease.